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**THE VITALITY LONDON 10,000 IS BACK!**

**Two ways to take part in 2022**

**Run for your head and your heart to #CelebrateYou**

After more than 1,000 days, the Vitality London 10,000 is returning to the capital on Bank Holiday Monday 2 May 2022, with people invited to [#CelebrateYou](https://twitter.com/search?q=%23CelebrateYou%20london10000&src=typed_query) by running the 10K to benefit their physical and mental health.

Supporters can also take on the 10K challenge wherever they are in the world, at any time from Saturday 30 April to Sunday 8 May 2022.

Both in-person and virtual supporters can run the 10K to raise money for **[insert charity name]**, with places available now at **[insert link to your charity’s website]**.

In 2020, due to the pandemic, the event was transformed into the first virtual Vitality London 10,000, which saw nearly 11,000 participants run 10K at a place that worked for them. This virtual event was held again in 2021, alongside the in-person Vitality London 10,000 at Hatfield Park in Hertfordshire, which replaced the central London course for one year only.

In 2022, as in previous years, the Vitality 10,000 campaign is #CelebrateYou, which encourages people to celebrate the power of running for their head and their heart. **[insert charity name]**is supporting the campaign, with**[insert number of runners]**expected to take part for the charity.

All participants need to do is choose which 2022 event they would like to take part in:

1. The central London event on Bank Holiday Monday 2 May
2. The virtual event from Saturday 30 April to Sunday 8 May

Finishers in both events will receive an official finisher’s medal and an exclusive New Balance technical T-shirt.

**[Enter quote from your charity spokesperson and any other details.]**

**ENDS**

**Notes to editors:**

* The 2022 Vitality London 10,000 is scheduled to take place on Monday 2 May. It will start on The Mall and go through Westminster into the City of London before returning to a spectacular finish by Buckingham Palace.
* The virtual 2022 Vitality London 10,000 offers participants the chance to run 10K at a time and place that suits them between Saturday 30 April and Sunday 8 May 2022.
* The Vitality London 10,000 was voted Britain’s Best 10K in the *Women’s Running* Reader Awards in 2018 and 2019.
* To find out more, please visit the official website: [vitalitylondon10000.co.uk](http://www.vitalitylondon10000.co.uk/)